

Buena Vista University Middle Distance  
Practice Schedule for the week of 4/26/2021

Time	Who	What	Where	Supplementary Activities
<b>Monday, April 26</b>				
4:30pm	Middle Distance	4 miles easy		Strides/Stretch/Roll/Weights
<b>Tuesday, April 27</b>				
7:45am	Middle Distance	2m w/u, 2-3 sets of 400,300,200 , 2m c/d stretch/roll		Strides/Push ups/sit ups/ stretch/roll
<b>Wednesday, April 28</b>				
4:30pm	Middle Distance	5 miles easy  Women: 8:00, Men: 7:00		strides/hurdles/plyos
<b>Thursday, April 29</b>				
7:45am	Middle Distance	2 mile warm up, 8x200 otm, 2 mile c/d		Weights
<b>Friday, April 30</b>				
4:30pm	Middle Distance	Race Day  Women: 8:00, Men: 7:00		Strides/stretch/roll
<b>Saturday, May 1</b>				
8:00am	Middle Distance	7 miles easy  Men: 6:50, Women 7:50		milly core
<b>Sunday, May 2</b>				
8:00am	Middle Distance	OFF		Stretch/Roll
Extras: 32 Miles				

1. Everyone should hit 32 miles
2. Check up on your teammates. Make sure you are keeping them accountable. The only way we will have success is if we keep each other accountable for our training.
3. Please LOG YOUR RUNS!